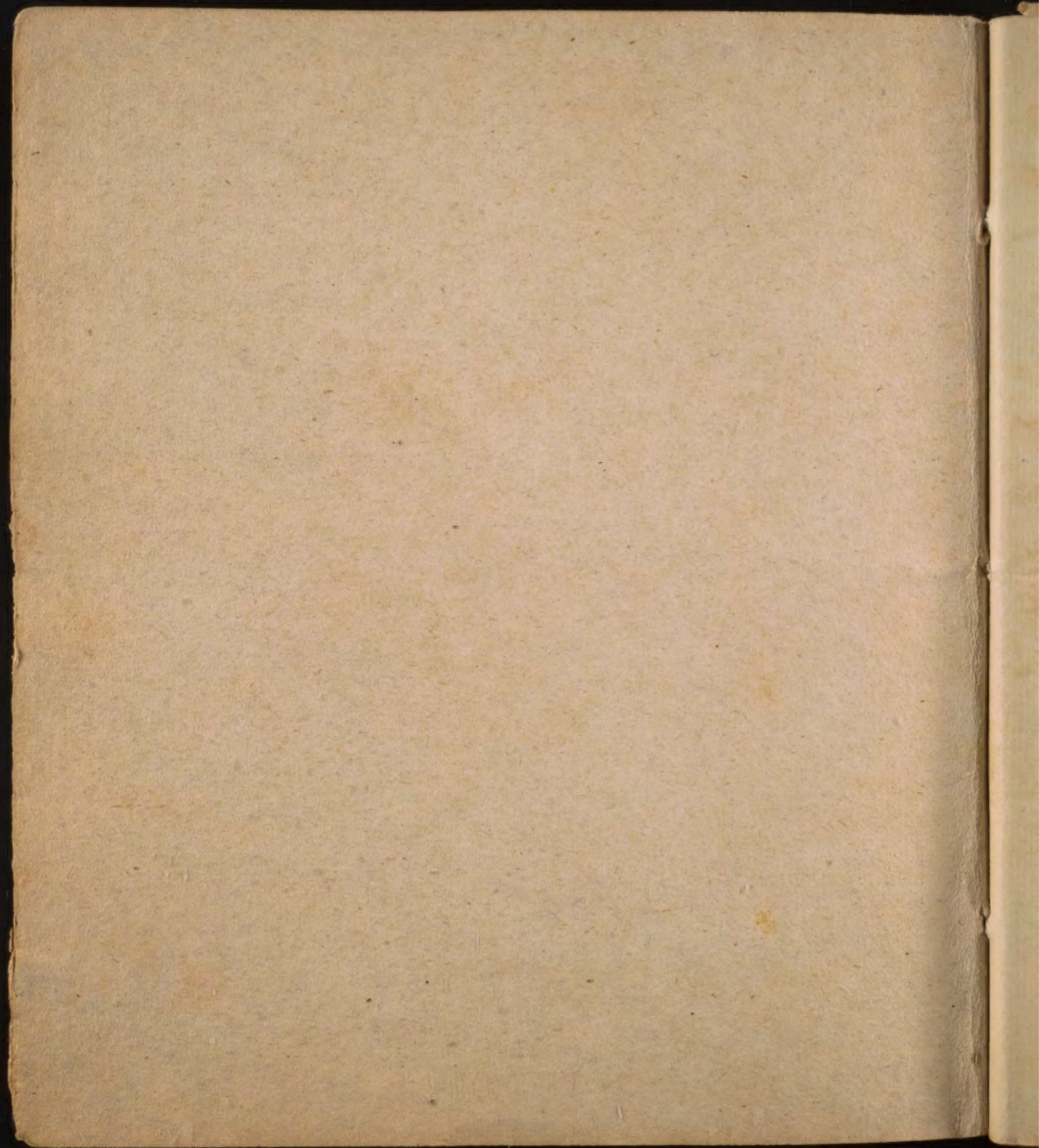


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Universal Appetite cont: 761
Generation & Conception 762
Parturition ————— 788.

There is another striking peculiarity in
the venereal appetite in which the goodness
& wisdom of heaven is displayed in an emi-
nent degree. I before remarked that it is
felt by man at every season of the year,
- ~~and that~~ the gratification of it is always follow-
ed by debility. ~~Now had~~ ~~the~~ ~~man~~ ~~like~~ ~~the~~ ~~brutes~~ ~~been~~
permitted to ^{enjoy} ~~the~~ ~~air~~ ~~unlimited~~ ~~by~~ ~~the~~
commence ^{the} the female sex, he would ~~soon~~
have destroyed himself ~~in~~ in the course of
a few years, for Brutes suffer by their ~~pro-~~
^{promiscuous} connection ^{the} with their females, ^{altho} ~~the~~ the time
for that purpose be limited only to a few
weeks. Man is therefore wisely confined
to the possession & enjoyment of only one
woman - by which means he is ⁱⁿ ~~no~~

~~a human family of children?~~

✓ ~~Human~~ This provision ^{by means of the venereal} for continu-
-ing ^{appetite} Animal life is not confined to the
human species. It extends to every
Class and Species of animals, and ⁱⁿ most
of them the venereal appetite acts w:
much more force than in man.

The ~~turtle~~ horse - the bull - the Ram -
and the boar all exhibit in the season
of Venus marks of Activity bordering
upon madness. -

The Amphibious animals seem
to enjoy this pleasure in a higher degree
than any other animals. The turtle
remains in a close connection with
its female for 3 or 4 days - and the

Danger of committing an excess in his
indulgence of venereal pleasures - for in
this case - Appetite - and excitement are
always associated together - whereas in
a general ~~excess~~ ^{commence} with the sex, Appetite
- like would be roused by every fresh object,
without such a corresponding excitement
as would enable the system to bear ~~the~~ ^{the}
effects ^{of its} of that gratification. =

= ^{excluding} In the history of generation by Dr. Hanley J.
was much struck in observing that ^{in the} all the
vices and all the virtues discovered ~~by Dr. Hanley~~
sexual intercourse of the
male and female of the human species ~~in the~~
are discovered by ~~Dr. Hanley~~ different Dr. Hanley
Animals. ^{of these vices.} The stallions and the cock delight in
polygamy, or a plurality of mates - the she
wolf admits an indefinite number of males
to her embraces. It was upon this account
a brothel was called in ancient Rome Lupa-
maria. The cock commits rapes, ^{sometimes} and when
comes his sexual appetite to such an excess
to tear the feathers & even ^{to} wound the back of
the female by repeatedly treading her - several
animals of the same sex attempt venereal con-
-nections with each other particularly cows -
2 The virtues of the sexual intercourse of the human
species are discovered in the partridge. Each male
confines himself to one female. The same
takes place with the Buck & the Doe. They ~~are~~
resemble the human species by ^{still more, seeking} ~~retiring to a~~
place of retirement for the gratification of their

toad - not less than 8 or 9 days. So
 much does this pleasure ^{disturb} ~~disturb~~ all other
 sensation, ~~that~~ in the toad, that Spalan-
 zani tells us it continues its con-
 junction with its female under the
 greatest tortures that can be inflicted
 upon its body, ~~even~~ the amputation
 of its limbs, - and finally, ^{its some cases it} parts with its
 female only with its life. The female
^{butterfly admits the organs of the male & even lays}
^{its eggs} ~~these facts~~ ^{after its head is cut off. What} ~~is a~~ ^{disproportion}

important in morals as in science.
 - ~~How~~ How ignoble must that life be
 which is devoted wholly to the pursuit of
 a pleasure which beasts and even
 toads enjoy in a higher degree ^{than they} of man.
 human beings? man
~~he~~ must be destined to much

Danger of committing an excess in his
indulgence of venereal pleasures - for in
this case - Appetite - and excitement are
always unshared together - whereas in
Venereal appetite. Important inferences might
be made from these facts in favor of the
moral responsibility of and a state of future
existence of certain ~~Divine~~ Animals as held
by Dr Zildrop & Dr Priestley, and as hinted
at by Dr Huxley.

then should to marry & maintain ~~they~~

toad - not less than 8 or 9 days. So
 much does this pleasure ^{victory} ~~cost~~ all other
 sensation, ~~that~~ in the toad, that Spalan-
 zani tells us it continues its con-
 -junction with its female under the
 greatest tortures that can be inflicted
 upon its body, ~~even~~ ^{even} the amputation
 of its limbs, - and finally, ^{its some cases it} parts with its
 female only with its life. The female
^{unwillingly admits the} ~~unwillingly~~ ^{branes of the male} ~~branes of the male~~ ^{even lays}
~~its head in his~~ ^{its head in his} ~~mouth~~ ^{mouth} ~~Whist 13/20/21~~
 These facts Gent: teach us a lesson as
 important in morals as in science.
 - ~~How ignoble must that life be~~
 which is devoted wholly to the pursuit of
 a pleasure which beasts and even
 toads enjoy in a higher degree ^{than the} of man.
 human beings? man
~~He~~ ^{He} must be destined to much

P Happily for us error can do
harm in our inquiries upon
this subject, for if perfectly
known, there is not a single
useful purpose to which it could
it applied in medicine. ~~But~~ On
the contrary perhaps it is withheld
from us in order to ^{prevent} ~~its~~
the knowledge of it being applied to
mischievous & immoral purposes.
turn up. — more similarity

✓ — hence the silence the solitude, and
the secrecy with which it is conducted in
the human species, I see above.

† I mentioned formerly from J Hunter
an instance of the Ven. ^{tion} ~~being~~ translated
from the glands penis to the root of the penis.
Mr Boeger relates an ~~one~~ instance of its

more sublime enjoyments than those which arise from the gratification of the venereal appetite; - Otherwise he would not have been placed in the scale of pleasure - below the Animals which have been mentioned. + ✓

† I conceived these Observations upon the Venereal appetite to belong to the Physiological history of man. We shall find this application in the Pathology.

I enter upon an inquiry into the Cause of Generation or of the production of a human Being with great diffidence. ^{of the} Clouds & Darkness have long hung over this mysterious operation of nature.

~~Soon~~ ^{Soon} after the application of the microscope to anatomical

The facts I shall mention
connected with ^{conception} pregnancy & parturi-
-tion will be important, and I hope
apologise for my inability to
satisfy you with a satisfactory
theory of involution.

on the subject. even it is

unk
the wish
it was

law. calculated to ~~too~~ favour ~~early~~ ^{the} marriage, and
to prevent the pernicious influence of promiscuous
intercourse of the sexes. — The same law (if revised)
would have the happiest effects upon the order & hap.
of ~~the~~ ^{of course} pleasure, moreover constitute
= principle of society. something like it, I believe exists
the sum total of all their happiness, — but
in Pimpia.
Man was made to be ~~happy~~ derive hap.
= principle both from his body & mind, and in ^{that too}
a future state of existence from which
probably all inferior animals will be
excluded. There is ~~the~~ more peculiarity
v — hence the silence the solitude, and
the secrecy with which it is conducted in
the human species. P see above.

I mentioned formerly from I thought
an instance of the un- ^{tion} ~~known~~ being translated
from the glands penis to the root of the penis,
M^r Bojere relates an ~~too~~ instance of its

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~~Soon~~ ^{Soon} after the Application of the microscope to anatomical

being translated to the palms of the hands in
a young man at Lyons. — He felt a burning
sensation at the sight of a woman, and by rubbing his
hands together, he felt fainting with a voluptuous desire. ~~scope~~.

V The existence of animalcules in the
seed is still admitted. ~~that~~ The semen is
their element, and they soon perish in
any other fluid. They have no mode of
reproducing themselves that we know
of, and they have no influence on
the semen in imparting to it its
fecundating stimulus. For this discovery
we are indebted to Spallanzani, who
has added a theory to it

purposes, the Male Semen was found
 to be full of animalcula - each of which
 was supposed to be an embryo fetus,
 - The ^{female} Uterus was supposed to be the matrix
 in which this animalcule was reared &
 nourished until it was brought forth
 a perfect Child. This doctrine ~~was~~ ^{continued} to be
 taught with some variations in the schools
 of Physic for many years. The female
~~was~~ was believed by some Physiologists
 to ~~concur~~ ^{concur} by a mixture of a supposed
 female Seed, - or by administering ^a ~~the~~
 female Ovary as the Wives of the male
 Seed. - ^{It} ~~It~~ was ^{invented} ~~resorted~~ to the ^{immortal} ~~Ch~~
 Spalanzani to overturn all these hyp-
 otheses of generations, and to establish
 by Analogy a ^{more simple} ~~more simple~~ ^{discovery} ~~more simple~~



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which has ^{dissipated} a considerable portion of
the dashings which hung over this
Subject. -

It appears highly probable from the
manner in which generation is carried
on in Amphibious Animals ^{upon which Spallanzani made one of his ex-} ^{periments} ^{It is a little} ^{contains the} ^{the}
~~that the~~ ~~female~~ ~~ovum~~ ~~is produced~~
by embryo of a future fetus, and that
the male seed ~~acts~~ ~~by~~ ~~impres-~~
-sing ~~life~~ ^{that} emotion to this ovum in w^{ch}.
animal life consists. The male seed I
said formerly ^{from Mr Hunter and} was of a pungent nature.
- It seems therefore to act by its stimula-
-ting power. - From this we see that
Stimulus begins, as well as supports hu-
-man life, and that ~~the~~ ~~ovum~~ the first
motion of life in man is excited by it.



In a word -

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He is awakened from his long sleep in
his original embryofate, by means of ^{that} force,
~~which~~ ^{animal} which supports every subsequent part
of his existence. —

A question now occurs, & that is how
is the male semen brought in contact with
the female Ovary? ^{the common reply} ~~is the same~~
~~to this~~ question is that the Ovary is secured
in the act of Coition by the fimbriae of the
fallopian tube and conveyed from the
ovarium thro' the tube into the uterus,
where it meets with the male seed, & is
impregnated by it, - But there are ~~1~~ solid
objections to this solution of the question.

1 a fetus has sometimes been found
in the ovary ~~to wit~~ as also in the

✓ I know a student of Physic in Edin^g who was called upon to marry a ~~girl~~ ^{girl} to whom he was engaged, in consequence of her having become suddenly pregnant, who assured me that he had never had such a connection with her as had ~~lost~~ ^{injured} the badge of virginity - ^{a noted midwife in London} and Dr Lawder ^{has} ~~has~~ ^{has} ~~delivered~~ ^{delivered} a woman in whom he found upon attempting to introduce his fingers into the Vagina - the Hymen still inviolate. - Dr Johnson in his midwifery relates several cases of the same kind. - But Dr Harney goes further. He mentions an instance of a mare that ~~had been ringed to prevent her breeding,~~ ^{had been ringed to prevent her breeding,} that notwithstanding became pregnant. The ^{external} sides of the Vagina were burst by the passage of the Colt into the world. -

fallopian tubes - 2. The Uterus has
 appeared closed after Coition & perfectly
 as to exclude the admission of the seed.
 #3 impregnation has taken place
 not in cases where the semen has been
 emitted by a penis which has been reduced
 by Amputation or Mutilation to $\frac{1}{4}$ of
 its ordinary length - nay more, it has
 taken place where it has been emitted
 only in the entrance of the Vagina - to the
 great ~~grief and shame~~ ^{grief and shame} of young people who
 have thought by these means to pre-
 vent the discovery of this ~~crime~~ ^{folly} by the
 subsequent pregnancy. ~~It is not for~~
~~the~~ of the Ovary ~~and its passage~~
 into the Uterus
 afterwards is generally ascribed to the



✓ by lymphatics

~~by lymphatics~~ which possess a
specific power of absorbing leucocytes
and which are excited ^{into action} by the sensation

of pleasure connected with coition. ~~But~~

~~Should it be thus as Bartolucci &~~

~~in this way that should it~~

Mr In^r Winter has proposed another
theory - turn over to V.

of the vagina be absorbed ~~and by the~~
~~it conveyed directly to the Propriety of the~~
~~lymphatic system - and with the blood~~

~~to be~~ ^{conveyed} by the circulation

to the Ovaria, to act upon the female

^{= below} ~~ovum~~ - This was the opinion of

Dr Harvey, and tho' it has been rejected

by his ~~late~~ most Physiologists, I can

see no other to be ^{equally} rational, or

plausible. ⁼ The whole mass of blood

does not bear a greater proportion to the

quantity of seed ^{ordinarily} emitted in

a venereal connection, than 16i of water

^{did} to three grains of the seed of the

^{in the successful experiment} ~~seed~~ mentioned by ~~Spallanzani~~.

^{ova in the} conceive further - that the ~~male seed in~~
 female Subject are Stimulated Specifically

~~V. If this theory should be generally adopted,~~

~~it would involve another important~~

He has asserted that all the ~~passages~~ from the

body have a motion in them, analogous to the peristaltic motion of the bowels, by which they ^{gradually under certain cir-}propel their contents ^{circumstances} out of the body. - This is evident in

a gonorrhoea - ~~in the~~

~~stomach~~ - and in some diseases of the ^{& involuntary} lungs - in which there is a constant dis-

charge of mucus from the trachea.

The menses are probably discharged from the Uterus & Vagina by a peristaltic motion in each of them - But as in the bowels, so in some of the ~~passages~~ ^{of the body} there is an inversion of this peristaltic motion. - we observe it in the Oesophagus

✓
~~Try the male seed, and that it exerts no~~
~~Action upon any other part of the system.~~
~~- hence no inconvenience is felt from~~
~~it in unfruitful connections - and in these~~
~~connections the Absorption must necessarily~~
~~be the same as in those which prove~~
~~fruitful.~~ ~~IV~~

~~It is more~~ happens here that what
~~many circumstances~~
happens in many poisons which after
circulating in the blood act specifically
upon certain parts of the body. But why
mention the analogy of poisons? ~~Q~~
a single grain of $\frac{1}{2}$ after circulating
for several days in the system has
excited a salivation by its specific stimulus
upon the salivary glands. ~~IV~~

A General Circumstances affect

in ~~the~~ the case of Cardialgia Spontanea.
In like manner - may not the Vagina
- the uterus - & the fallopian tubes be
actuated by this inverted peristaltic
motion, and thus propel the seed
into the ovaria? - This ~~theory~~ ^{theory}
will account for the pregnancy taking
place under the unfavourable circumstances
before mentioned, but as the inverted
peristaltic motion of the ~~vagina~~ ^{papae}
into the Ovaria - has ~~been inferred only~~
from analogy, the ~~theory~~ ^{opinion} built
upon ~~it is in my opinion~~ ^{it is in my opinion} more hypothetical than
that first taught by Dr Harvey ^{turn over to p 780} & ^{disputed}

+ This ^{former} was been proved in many cases,
but lately in a remarkable manner at
Port Jackson in Botany Bay where a Dr
Harris informed Dr Weyril formerly of
this University that several barren
women had become pregnant im-
mediately after their arrival in that
and bore several children.
Country & One of them was an old

prostitute of near 70 years of age.
This influence of a change of climate extends to other
originals. The Rev Mr Mearns in his history
of St Kilda says that sheep when bred
to that Island from the neighbouring

Islands always breed the year after.
-wards. ^{a third of mtd in 1846 informed me that}
^{again 3 women from South Carol. visited}
^{spent 2 months at warm springs of Sulphur}
^{7 - one 9 - one 13 yrs. All conceived afterwards.}
A sensation of pleasure is necessary to
render a venereal connection fruitful, and
it is because this sensation is in a great

~~the primability of the Ova to the male~~
~~seed~~ - the issue of a venereal connection
 with respect to its becoming fruitful -
 such as the activity of the male seed - the
^{the ~~proper~~ inversion of the peristaltic motion}
~~of the Vagina - Uterus - & Fallopian tubes if it occurs, - or~~
~~absorbing powers of the Lymphatic vessels~~
~~of the Vagina - and the ~~proper~~ healthy~~
~~State of the ovaria~~ - . The two last are
 greatly influenced by a peculiar state
 of excitability in the ^{female} system - hence we
 find conception to be most certain,
 immediately before or after menstruation
 - after a fit of Sickness ^{particularly a malignant fever,} & after long Ab-
 - sence - ~~and~~ after the action of fresh stimuli
 upon the system by a woman's
 and after using the warm Bath,
 visiting a foreign Country & ^{particular months}
^{at the time of the}
 No wonder does the male seed act

in ~~the~~ the case of Cardialgia Spontanea.
In like manner - may not the Vessels
or perhaps totally
be destroyed, that prostitutes so rarely have
children. This ~~is~~ absence of pleasure
has been acknowledged by them. ~~It~~
follows one of the ~~causes~~ ^{of} irritation formerly
mentioned. —

— Thru

The Semen comes in contact with the

~~the irritability of the ovum to the male~~
~~seed~~ - the issue of a universal connection
 with respect to its becoming fruitful, -
 such as the activity of the male seed - the
^{the ~~proper~~ inversion of the peristaltic motion}
~~of the Vagina - Uterus - Fallopian tubes if it occurs, - or~~
~~absorbing powers of the lymphatic vessels~~
~~of the Vagina - and the ~~peristaltic~~ healthy~~
~~state of the ovaria~~ - The two last are
 greatly influenced by a peculiar state
 of ^{female} excitability in the system - hence we
 find conception to be most certain,
 immediately before or after menstruation
 - After a fit of Sickness & After long Ab-
 sence - ~~and~~ after the action of fresh stimuli
 upon the system by a woman's
 and after using the warm Bath,
 visiting a foreign country & ^{for several months}
~~at the time of the~~ ^{at the time of the} ~~spring~~ ^{spring}
 No woman does the male seed act

Ovum. Spallanzani - tried whether
a volatile principle would not have
that effect emitted from it, but to
purpose.

~~If~~ a third ~~kind~~ ~~theory~~ theory has been pro-
posed to account for Conception by Dr Haighton
and that is that it is the effect of sympathy
~~of a specific nature~~. He supposes that the male seed
whether set in Uterus ~~or vagina~~ ^{or vagina acts} the female ovum
in the same manner that certain substances
taken into the ~~body~~ stomach affect parts of the
body remote from it without ~~the~~ contact,
& that the stomach is affected by certain
substances applied to the skin which are ^{not}
absorbed, and that do not enter into the
circulation. This opinion is ~~refuted by an~~ ^{refuted by an}
experiment of Spallanzani. He proved that
~~no impregnation took place unless the semen came~~
in contact with the ovum. Even the vapor of

upon the female Ovary that it is torn
 from the Ovarium, and conveyed gra-
 -dually ^{& by a convulsive contraction} thro' the Fallopian tube into the
 Uterus. - The nausea - the disposition

to faint - the Obstruction of the menses -
 the tense pulse - the dry blood - the dry skin - high cold urine
 - the pains in the teeth are all the effects
 of a new and peculiar stimulus in ^{the} ~~the~~ ^{part} of the system. ^{inhabited by} ~~the~~ ^{the} yellow & black spots. ^{exquisitely sensible}
 of a new and peculiar stimulus in ~~the~~ ^{part} of the system. One hundred analogies
~~of similar & even greater consumptions~~

of similar, & even greater consumptions
 in the system might be mentioned from
 the action of certain local chemical &
 mechanical stimuli. Besides the common
 symptoms of ^{consumption} ~~consumption~~ which have been
 mentioned, I shall mention ^{several others} ~~several others~~,

one of which occurred under my
 own observation! A Lady in this city
 - during what is called her breeding sickness,

~~The woman did not~~ ~~a inspiration~~
~~when applied to~~ ~~new organs~~ upon
the whole I am disposed to believe ~~Dr. Hailey~~
-ception depends upon the absorption of semen
by the ~~ovaries~~ ~~the most probable~~ ~~of any that~~
~~by Dr. Hailey either directly or indirectly~~ ~~and the~~
~~have been traced~~ ~~return to p. 768 A~~
Dr. Hailey being acted upon specifically by it. The theory
of Dr. Hailey relates a case in which preg-
nancy discovered itself by a disinclination to
snuff. Her relish for it returned as soon
as she was delivered.

Dr. Dumas mentions an instance of ^{madness &}
fertility occurring as the first sign of
conception & pregnancy.

Dr. Dumas informed me that he knows
a lady in whom a relish for a particular
kind of aliment which she cannot eat
at any other time marks the certainty
of conception.

Some women pass the whole course of their
pregnancy without a single word of building sickness
of any kind. ^{This is a rare occurrence.}
^{as the all midwives of Dr. Denit 781 Hailey}
^{it returned after delivery}
The final cause of this is the nausea
& want of appetite which attend the
first months of pregnancy, Dr. Hunter
used to say was to guard the system
against ^{inflammatory diseases} ~~to which it is~~
always predisposed from the stimulus
of the fetus more especially in its
forming state. may be relieved —

I have known two instances in this
city of conceptions &c without the least
sickness during the whole course of pregnan-
cy. most of the symptoms of conception which
have been mentioned cease after the 3^d month
but ~~some of~~ they are often followed after a
time by many other of a disquieting nature
+ Dr. Dumas ~~of Dr. Dumas~~ ~~of fertility~~ ~~as signs of pregnancy~~

The Lincen did not induce impregnation when applied to
the ovum. It is reported further by an experim^t
~~Dr. Hens~~ ^{Dr. Hens} of many land who prevented conception
in a sow by cutting off the fallopian tubes. This
is a low as well as in dogs, and that it is
low had previously had physically several litters of
litter more numerous - Upon the subject of Dr. Hens
regard the natural limits of life of them. Thus
Electricity - animal magnetism - alchemy - oxygen - galvanism
for a while have all the phenomena of
life and disease - ^{animal magnetism} it is very common
to ascribe to one cause that which shd. be
ascribed to more than one or two, also but one
effect from a cause which produces a greater
number of effects. This mode of reasoning has done
great harm in medicine. I said no mention in this
of sympathy has taken the place of electricity
oxygen - galvanism in explaining the phenomena
of the human body. From the manner in w.
certain medicines operate we know it has been
extended improperly to all medicines. In like manner
from the influence of sympathy in explaining some
of the functions of the body, it is extended to them
all, and most erroneously perhaps to account for fevers
but ~~some~~ they are often followed again &
time by many other of a distressing nature =
fever & pain - of disease - & finally signs of pregnancy.

has in two instances of pregnancy had
 colds, succeeded by a ~~fever~~ glowing heat
 for an hour or two every day one or one
 of her legs. - ~~that the fetus was in~~
^{of the fetus} ~~the fetus~~ ^{relates}
 Dr. Harle. ~~in~~ ⁱⁿ England
 a woman in Crew Castle ~~is~~ always
 knew the exact time when she concei-
 ved, by feeling a sudden & unaccountable
 passion to steal every thing that came
 in her way. 3 Where pregnancy occurs while women
 give suck, it is sometimes discovered by the children refusing
 to suck, or becoming irritable & unquiet on the breast. &
 How long the time is before the
 impregnated ovum remains in
 the ovarium, or what time it takes
 to pass ~~into~~ this the fulligian
 tubes cannot be ascertained by any
 dissections that have been made. The
 whole business of conception I believe

give suck, it is sometimes discovered by the children refusing to suck, or becoming irritable & unquiet on the breast. & How long the time is before the impregnated ovum remains in the ovarium, or what time it takes to pass into this the fulligian tubes cannot be ascertained by any dissections that have been made. The whole business of conception I believe

upon the whole & a review of all the
theories I have delivered, I am ~~now~~ have
no hesitation in admitting that Con-
-ception depends upon the Semens
being conveyed either directly, or ^{this the fallopian tubes} ~~by~~
indirectly by ^{absorption} ~~means of the lymphatics~~ to the Uterus,

to the ~~ova in the~~ female Ovary
in the Ovaria, ^{which according to D'Harvey} ~~The whole Uterus seems~~
to possess the same Sensibility to its Stimulus
which the brain possesses to those
Stimuli which produce sensation and
thought. — return to p. 768 A

✓ 4 Dr Dupuy mentions an instance
of women who never sweated but on
one side of her body. No sooner did
she become pregnant, than sweats app?
on both her
a case in w:
sweats are the
sign of pregnancy.

insupportable

lides. He relates further
since the absence of
side was ~~the first~~ a

Swelling, tension, vertigo -
such as, pains in the abdomen & pains in
the back & head, a full & loose pulse - thirst - heat
of the skin - constipation, or
involuntary flow of urine - jaundice ^{with act} & now
& then swelled legs. From a careful view of

all these symptoms, I have been led to
consider the female body as in a diseased
state from the beginning of conception to
the period of delivery. The disease partakes
of many of the symptoms of fever, & is re-
lieved by the remedies used for fever from
other causes. But its effects moreover upon
the uterus are the same, as the effects of disease
are, when it appears in the form of inflamⁿ. ~~are~~
upon other parts of the body. It enlarges it
according to Mr Hunter to 50 times its natu-
-ral dimensions. Inflamⁿ has ^{nearly} the same
effects upon other viscera - particularly the ^{liver}
~~liver & the lungs~~ ^{this swelling of the uterus} ~~It is~~ cured by the same
remedy after Child birth, that cures other

to be performed in the Ovarium. ~~The~~
 The impregnated Ovary seems to be con-
 -veyed into the Uterus only to be nourish-
 -ed. The Ovarium ^{therefore} may be compared to
 a hot bed, in which the first life is in-
 -spired to the seed of a plant, ^{while} the Uterus
 may be considered as a large green
house in which the same seed is after-
 -wards transplanted, and sheltered from
 the weather. Until it has ^{grown to} ~~acquired the~~
 such a size as to bear the action of
 the external ~~air~~ air upon it. —

I have hitherto called the malefud
 a Stimulus only. But it is a stimulus
 of a peculiar kind. At a secret liquor
 it is true, ~~but~~ it seems to be formed not
 only from ~~the fluids~~ the fluids sent from

the solid, not - only from the body but
 the mind of ~~man~~ ^{man}, - and this I take to be
 the reason why it is not formed until
 the body has acquired its full growth, &
 this is the reason likewise
 why I formerly supposed the change ⁱⁿ of the
~~solid~~ ^{solid} to at puberty to influence the sur-
 vival of the seed. ~~After that the seed~~

[As every part of the body as it were
 clubs its proportion of matter to form the
 human, it is no wonder that we find
 children resemble the male as well as
 the female parent. No more happens
 here, than what happens in many cases
 of impression upon the body from other
 stimuli. - The stroke with the open
 hand on the tender flesh of a child produ-
 ces as obvious marks of every finger.

their parents, especially their fathers.]

1784.

But we have an analogy in the ~~inanimate~~ ^{inanimate} world ^{that is} still more to our purpose.

Light acting upon vegetables imparts to them, all the colors which are involved in its body, in a manner no more mysterious than ^{that in which} all the parts of the male ^{which} are involved in the masculine seed are imparted to the female Ovary. —

~~These gentlemen — have I passed this a defile — beset with ~~dis~~ obstructions ^{and} of three dangers of various kinds. — There are ~~two~~ ^{are like} subjects in Physiology, which ~~are~~ ^{are} the origin of power in government & the doctrine of the Trinity in religion. ^{These subjects} They have ~~been~~ ^{been} ~~are the mind and generation~~ ^{have viewed at a awful distance, or} ^{only} approached with timid & reverential~~



Steps. - ~~But~~ But the time for venerating
 ancient prejudices is past. Government like
 animal life has been shown to be the effect
 of the wills of a whole community, and the
 sovereignty has been ~~made~~ ^{reduced to} ~~animal life~~
 the standard. These subjects are the human
mind, & generation. I have ventured to
 bear the ^{evil of opposition} ~~mystery~~ from each of them, ^{and}
 and to reduce them to a level with the
 common and known laws of matter.
^{if} I have not succeeded in my inquiries, ^{into the nature of each of them,}
~~as~~ I have not succeeded in my inquiries, ^{laid a foundation}
 - I hope I shall have ~~still inspired some~~
 for your investigating ^{each of} them here after, with
 the same boldness that you would the
 common laws of matter.

I am so perfectly satisfied that
 the business of generation depends upon

V ~~Dr~~ Dr Larrous (a French physician) has
broken the ground upon this subject. ~~It~~
~~He~~ It has long been observed that
bastards possess an uncommon portion of
mind. The Dr ascribes this to the mind of
the father being more highly excited by the
contrivance & execution of his stratagems for
the seduction of innocence, & by the mind of
the woman when pregnant, being equally
excited by contriving schemes to elude the disgrace
& expenses induced by her prostitution. We
shall have no difficulty in admitting
this solution of the question, if we admit
the mind to be material, or the result of
organization, ~~and~~ to club its proportion
towards the formation of a child. It has
~~It has~~ ~~universally~~ been remarked that
~~that of fathers requires~~
mothers contribute more towards the

formation of genius or mind than fathers. I have
observed it in 9 out of 10 families of children, & #

V I would only observe upon the
subject of the nutrition of the fetus,
that Dr Darwin has lately revived
the old doctrine of its being carried on
by means of the liquor amnii. He
supposes further that ^{the blood is} ~~the fetus is~~
conveyed to the ~~and~~ fetus by the
Umbilical cord, not to nourish it,
but simply to supply its blood
with oxygen. —

true it is - "Sensus sequitur, sequitur
fixum". There is scarcely a history of a
man much distinguished for talents
or virtue, that had not a sensible
or pious mother.

Upon the Subjects of Genius & &

~~to~~ in the most ample manner from
the Anatomical Chair. V

The ordinary period of pregnancy is
nine months - but to this there are
some exceptions. - Books of medicine
mention 13 ~~months~~ & 5 months as
the two extremes of natural ~~pregnancy~~ ^{pregnancy}.

Dr Harvey records several cases of Un-
= equivoocal births at the end of six
months in which the children have
survived their native precariousness. It is

of consequence to know these facts, as
by their means
we may in some instances preserve the

peace of families & even the order of
Society. ^{Dr Tanner} mentions a case of a ^{child} born
in the 5th month, that lived to be 12 years old. -

The history of extrauterine con-
= ceptions, also of superfetation belongs.

✓ Before I conclude this subject I have to remark ^{if}
The presence of the hymen is supposed
to ~~indicate~~ be the mark of innocence ~~and~~
~~of virginity~~, & its absence, a mark of
vice in a young woman. But the latter
is not universally true. It is sometimes
absent naturally, & frequently ^{by falls - by rapid walking &} destroyed
by the disease, particularly by the Leucor-
rhea which is ^{often} attended with a humor
so corrosive as to inflame & erode it. It is
removed in some instances provided Coitus does not
take place soon afterwards. ^{applicable to jurisprudence.}
The seat of the female ^{no female but the humor has a hypocr.} ~~infection~~, I
shall only add, that the ^{ch} uncertainty w.
still hangs over this ^{has} ~~is no one instance~~
but very little influence upon the ~~or~~
affects the practice of medicine ~~on~~ the progress
of our science towards perfection. Should
those mysteries ⁱⁿ of nature never be revealed,
we may still ~~acquire~~ ^{acquire} one increasing ^{our}
knowledge of the ~~causes~~ ^{causes} of diseases.

788
to pathology. — ✓

At the close of natural pregnancy, the fetus makes efforts to escape from its place of confinement by altering the direction of its head. many ^{reasons} ~~causes~~ have been ^{given} ~~assigned~~ for the commencement of Childbirth. One of them certainly is the efforts of the Child to open a passage ^{throats} for itself into the Air. Perhaps the ~~throats~~ of the mother are produced only by the irritation of the head of the Child upon the mouth of the womb. These throats are connected with such extreme pain as sometimes to induce syncope & death. ~~I cannot imagine the origin of the throats~~ ~~with the least probability~~ A certain degree of pain is supposed to be necessary.

Handwritten text at the bottom left corner, possibly a signature or date.

connected with childbearing. It is
 true - it was the ~~curse pronounced~~
 upon the first female progenitor of the
 human race, after she had disobeyed
 her Maker, but it is equally true,
 that man was condemned ^{for the same offence} to earn his
 bread with the sweat of his brow, and
 yet many thousands of the human
 race from the efforts of human ingenuity,
 or from the natural fertility of some
 countries, live without labor, and of
 course escape the curse pronounced upon
 our male progenitor. I do not think
 there is an unchangeable & necessary
 connection between pain & childbearing.
 In some countries in ^{& South America,} Africa, there

V The Turkish women take sweet oil
for some months before delivery to lessen
the pains of Childbearing. It can act only
~~as~~ by inducing debility as an evacuant.
a Len discharges her egg with signs of pleasure.

travellers tell us that women bring
 forth children without pain. Buxdune
 says that ~~the women~~ the women in
 Sicily suffer scarcely any pain in
 Childbearing, and a man midwife of
 extensive experience from St. Kitts
 informed me that the women in
 the West Indies bring forth children
 with much less pain ~~as~~ than is felt
 by the women of more northern coun-
 tries. — I have ~~in~~ frequently observed
 the pains of
 Childbearing to be ~~much mitigated~~ ^{much mitigated}
 by Bloodletting a few days before
 delivery, & I have uniformly observed
 delicate & richly women to have the
 easiest labors. — Do not these facts

V These gentlemen were my opinions
thus cautiously delivered ~~in the year 1795~~ ^{in the year 1795}.

~~But~~ But I no longer ~~at~~ deliver them
as conjectures. From my own observations,
and from the experience of many prac-
-titioners of midwifery, I am now satisfied
that the pains of parturition are as

much a ~~disease~~ ^{they are} as a pleurisy & Colic,
& that ~~they~~ ^{they are} to be relieved by the same
remedies ~~to remove this~~ ^{the chief of these is} ~~disease~~ ^{is} ~~the~~ ^{is} ~~pain~~ ^{is} from
all these other causes. I shall mention

those Remedies hereafter. In the mean
while you may see the facts I have
collected, & my reasonings upon this
subject in the Medical Repository pub-
-lished in Aug^r 1801. ~~transferred to~~ ^{transferred to} D

Bloodletting. ~~acts by inducing direct weakness,~~ ^{acts by inducing direct weakness,}
the debility of abstraction, ~~and thus relaxes the system, so to favour~~
and thus relaxes the system, so to favour

suggest to us that it is as possible
 by the efforts of human genius to
 alleviate the ^{pains of childbearing} ~~curse~~ inflicted upon
 women, as it has been for human
 industry to obviate ~~the~~ by agriculture
 the curse inflicted upon the earth.
 = Bloodletting. ~~The ^{curse} ~~curse~~ efficacy has~~
~~It was introduced into this city & the~~
~~by Dr. Dymock of this city. being before it was~~
~~in this city, it is well~~
~~to the house of Dr. Dymock~~
 of Win² Land is it prescribed even the midwives in
 Genoa. ~~Italy~~. It is called for more than [says Dr
 Bray of Leghorn from whom I rec^d the information]
 from the peculiar dyspeps of the air & the inflam^y
 type of all the diseases of that city. The
 discovery of this remedy to use the words of
 the "Shipper" marks an ~~era~~ in the
 history of midwifery.

paralytic, but the same effects have been
produced by large doses of opium, - by the

convulsions of Epilepsy, & lastly by a fit
of Drunkenness. all these act by inducing
such a degree of ^{Dyspnoea} ~~indirect~~ debility as to
impair sensibility, ~~with~~ but without
impairing ^{the} Irritability, or the powers of
motion in ~~the fibres~~ those parts of
the body which exclude the fibres. Per-

-haps they encrease them. You may
see my opinions & reasonings ^{on this subject} ~~on this subject~~ ^{at length} ~~at length~~ ^{in the 4th vol.} ~~in the 4th vol.~~ ^{of my Enquiries} ~~of my Enquiries~~ ^{12:743} ~~12:743~~ ⁰ ~~0~~

pain altogether, and thereby repeal
the curse inflicted upon women
after her fall from innocence in
the garden of Eden. - one important

of opium would be as would kill
 the system into a paroxysm of universal
 indirect debility. ^{But whether} ~~I will not attempt to~~
~~that opium in large doses would abate~~
~~or not in obviating~~ ^{or capious} ~~the~~ ^{of: indeed}
 the pain of childbearing, ~~but~~ ^{still} I have no
 doubt, but the time ~~when~~ will come
 when this pain will be as certainly,
 & as universally prevented & mitigated
 as a fit of the Colic. ~~o time over to~~
~~18793~~

The next article in our syllabus
 is the different stages of life. I have spoken
 of one of them viz: of Puberty. Each of
 the others will come in more properly
 when I come to treat of the diseases
 of the different stages of life. —

~~It is in the only book of the~~

It would an act of ingratitude to dising
 Subject of Generation without acknowledging
 our obligations to ~~Dr~~ the illustrious Dr
 Hailey for the light he has shed upon it
 by his numerous experiments & observations.
 To this illustrious physician we are indebted
 for dissipating a great portion of the darkness
 in which the indolence & ignorance of ages, blinded
 by the errors of Galen & Aristotle had involved
 this Subject. The words of a contemporary poet
~~infer as at this occasion~~ ^{as} physician
 shall supply the place of an eulogium upon
 him upon this occasion.

"Live modern wonder! & be read alone.

"Thy brain hath issue, tho' thy loins have none.

"Let frail Suspicion, be the vulgar's care,

"Great Generations Self, is now thy heir.



~~fact upon this subject. A lady Mrs Hall
who had been subject to Epileptic fits,
was delivered in one of them. Upon
her recovery from her fits, she declared
she had felt no pain, and was much
astonished to see a child ^{that had been} taken from
her lying by her side.~~

O. There is but One Question connected with
the history of the fevers in Utter that I shall
take notice of in this place. & that is the
Origin of marks upon children. They have
been ascribed to the imagination - but this
is unphilosophical. mention Dr Hunter & Dr
McLear's fact. The system more plethoric in
pregnancy that at any other time - & such
effusions as favor marks ^{are} more apt to
take place than than in any other state
of the system. ^{Of these are communicated to the} refer to p. 792 &
later.

natural & ~~artificial~~ 793

The analysis of the ~~solids & fluids~~ of
the body has been ^{given} ~~treated of~~ already
in speaking of the blood, & of the
secretions & excretions. It will be
improper to speak of the artificial
analysis of the fluids or solids. Untill
we have first traced the effects of disease
& death upon them in our pathology.

We have thus agreeably to our
syllabus taken a view of the functions
of the human body - and of the faculties
& operations of the human mind. In
the easy and pleasant action of ^{these functions} ~~of the body~~ and
faculties of the mind,
consists that inestimable blessing we
call Health, ~~There is~~ or in other
words, ~~in~~ Health is that state of the

Before we take leave of the human body
in its healthy state, it will be necessary to take
notice of two opinions that have prevailed in
with respect to the means of preserving health
and it in this state for ever, or for a number
of years far beyond ~~to~~ the present duration
of human life. The possibility of producing
perpetual existence, in our world ~~by~~ has been
held by some writers. Dr Price once thought
it possible. ^{Certain improvements in} ~~Physical sciences~~
^{said} philosophy were to be the means of producing
this earthly immortality. ~~I~~ [¶] I need not spend
a moment in exposing the error of this opinion.
~~I would as soon say~~ "Dust thou art &
unto dust, shall thou return" is ^{the} ~~a~~ uni-
versal, & necessary law, ^{from} ~~to~~ which there can
be no ^{no} ~~special~~ ~~law~~ ^{no} inflicted upon
man from which there can be ^{no} ~~respite~~.
Death is ~~the natural~~ we live by force,

System in which ~~the~~ its excitement,
 & excitability, are in an exact ratio to
 each other, and both equally diffused
 thro' every part of the body & mind. This
 definition of health admits of a considerable
 latitude - It excludes strength as an in-
 -gradient in health. - An ^{effeminate} citizen ^{action} cannot bear the heat of the sun for a
 single hour upon his body, and a
~~dear~~ peasant who can work a whole
 summer ~~in the field~~ exposed to its
 burning rays without inconvenience,
 may both be in equally good health,
 - for in both, the excitement & excitab^l
 of their systems are in an exact ratio
 to each other. ~~for the peasant~~
 Here - ~~then we~~ ^{gent} take over ~~the human~~

10

Death is our natural state. ^A ~~But 2~~ ^{Opinion} ~~many~~
~~by some Physicians~~ ^{which was} ~~which was~~ ^{delivered by the} ~~delivered by the~~
~~Physicians~~ ^{particular} ~~particular~~ ^{by the} ~~by the
^{is that} ~~have thought~~ it possible to obstruct life to
the Antihuman Age, by certain medicines,
or modes of living. Paracelsus ~~held~~ was
the father of this Opinion. ~~He invented~~
~~many medicines~~ The liquor called Elix-
proprietatis derives its name from its
being supposed to possess a power to prolong
life. ~~many medicines~~ ^{Remedies} ~~equally~~ ^{aloud} ~~power~~ have
been recommended for that purpose, such
as U: in the Spring of the year, & the
transfusion of the blood of young animals
into old ones, ~~and~~ They have both been
tried often, but without effect. The
~~latter~~ ~~and~~ ~~former~~ was practiced, & is
still popular in Germany, - the other
was tried above a Century ago in~~

last pleasant view of the body of man.

We have beheld him with his form erect,
his face ruddy, - his eyes sparkling with
health, - his bones full of marrow, - his
muscles filled with blood, - ^{all} his senses in
perfect unison with external & internal
impressions, - and his body in unison w.
every faculty of his mind. ~~Thoughts are~~

~~ought not to separate him in a very different
situations.~~

In a retrospect of this
curious and beautiful object
~~subject which we have enjoyed~~ I feel as if
I were gazing for the last time upon a
splendid & venerable palace, which was
destined to speedy destruction by the hand of
time or
war, for hereafter we must consider the

France where it was laid aside in con-
-sequence of its producing insanity ~~but it has~~
been used occasionally with more success than either of the two
I still believe its possible for man to
acquire that have been named, but without the effect ~~of it~~ from it,
attain to a much greater age than is
now common in the world. ~~perhaps to~~
the Antediluvian age. The efforts of the
in renewing
Lysistrata to ~~renew~~ the teeth, and the eyesight,
the occasional return of the nurses in old women, a
clearly move the body to ~~produce~~ secret
or latent mass of excitement. This
may be called forth, & the present stock
used ~~and~~ ^{with so much} ~~conservatively~~ in a future
and happier state of human affairs, ~~the~~
~~and thereby life be protracted~~ as to produce
something like the Antediluvian age. ~~the~~
~~means for this purpose will be physical~~
Revelation favours this opinion. One
of the ~~the~~ prophets ~~says~~ alludes to

79.5

body and mind of man as exposed from
a thousand remote & exciting causes to
pain, - disease, - deformity & death. To enu-
merate these causes, and to explain the
nature of those morbid & distressing pheno-
mena which are produced by ~~long~~ them is
the business of Pathology, and this ~~is the~~
will succeed a few remarks upon ^{what is called}
~~hygiene~~ Hygiene - or the means of preserving health.

go to p. 500 789

~~The same fate has awaited all the boasted
means of eluding death. Live says
a celebrated French writer (M. Alibert) is as
eternal in performing the business of destruction,
as Nature is in the business of ^{creation} destruction.
Nor can an anchor ever be cast into the river
of life so as to arrest for a moment our passage
down its everflowing stream. The common~~

it when he says ~~man shall plant vineyards,~~
~~and eat the fruit of them~~ & man shall
die a boy at a 100 years old - that is, ~~his~~
his 100th year shall be compared with the
age to which even I shall then attain, the
same as ^{the} 10th year now is compared with
the present duration of human life.

~~The means of producing this longevity~~
will be physical - rational, & moral.
The changes in the earth by cultivation
will dry up all the present fumes of
putrid exhalation, - while reason &
religion shall teach men to avoid all
the ^{remote & exciting} ~~accidental~~ causes of disease from
heat, cold - errors in diet & dress, and the
unhealthy influence of the passions upon
the body and mind. - returns to 1749.

duration of human life is from 70 to 100.

- But very few attain to the former of those periods. ^{all who are born} ~~$\frac{1}{2}$ the human race~~ die before they under puberty, & according to some calculations before they attain to the 8th year of life. Altho'

I do not believe in the efficacy of any of the means that have been proposed for rendering ^{physical} life immortal, yet I have no doubt of ~~the efficacy~~ the possibility of not only preventing ~~meeting the~~ premature death, but of rendering ~~the~~ old age the ^{principal} outlet of human life. ~~the~~ The means for this purpose have been called non-naturals - they consist in ~~the~~ the regulation of elements - ^{Air} - Diet - Dress - exercise - the faculties of the mind & the exertions in such manner as to ~~prevent~~ ^{ensure} perpetuity of Health.



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[This part of the institutes of medicine has
~~much has been written upon this subject~~
~~but so little has been called Hygieia.~~ Much
has been written upon it in all ages & in
all countries, ~~not only in~~ even the Poets
have added their labors to those of Philosophers
& Physicians upon this subject.] Even
a want of attention to the relative circum-
stances which influence the influence of
Diet - Air &c upon the body & mind, there
~~has been~~ much error, and that of a
mischievous nature has been published &
believed in the world. These relative cir-
-stances are 1 Climate, very different.
2 Different degrees of civilization. Very
different kind of aliment, & very differently
prepared - also very different ~~positions~~

✓ 5 The assimilating power of even to
circumstances, so that offensive things
become not only nourishing, but
agreeable from repetition from one
of the laws of habit —

798 kinds of Dress
different Degrees of exercise - temperature
of Air ~~is~~ ^{are} ~~is~~ ^{are} proper in all the grades of
society from that of the savage to the highest
Degrees of civilization. The same thing may
be said of 3. ^{by} employments. A farmer - a
soldier & a sailor require a different mode
of life from a ~~mercantile~~ person who lives
in the enjoyment of the luxuries of a city
life. 4. Persons of different ages & of the two
sexes, ^{and} lastly the Variety of ^{positions or the} ~~circumstances~~
all require ~~a~~ a considerable latitude
in the use of the means for preserving
health. I shall confine the remarks I
am about to ~~be~~ deliver to the citizens
of ~~the United~~ our own country. You
all know the nature of our climate

I cannot take leave of this part of
our course without ~~taking~~ calling
upon you to collect the difficulty
I found in answering a question pro-
posed to me by many of you [&] that
was what book you should read
upon Physiology. You will now
perceive that the system I have taught
is ~~not to be found in Brooks~~ & the differs
in all its form all the systems that
ever have been published. ~~It is an ancient~~
The Doctrine of Animal ^{life} which I have
~~delivered~~ ^{adapted}, ~~informs~~ has animated nearly every
function which I have described. ~~&~~
The new ~~theoretical~~ explanations I have
given of ~~the~~ ^{the} ~~theory~~ of the operations

and the degrees of vivification & the com-
-plications of our diseases. When they
differ in age, it will be easy to apply the
^{our} general principles to each of them.

I shall begin with Aliment, &
^{& Drinks, & their} ~~various~~ ^{various} ~~enumerates~~ its kinds, the best
modes of preparing them & the properties
& manner of using them. go to 2^o 1/5
p 585 X

Having thus treated of the Aliments &
Drinks as far as they contribute to health
& longevity, I ^{shall} ~~now~~ proceed to make a few remarks
upon the other ~~or~~ ^{ch} circumstances ^{ch} are
connected with the same objects, but they
& of ~~the~~ ^{the} ~~relative~~ effects of air
upon the body. I shall speak of our
living in our houses &c

of the mind & of the ~~several~~ ^{several} offices of
the Spleen, ^{omentum} liver, & Lymphatics, ^{also of the sympathies} have
of the different systems with each other, —
added still further to the diversity of
my ^{System of Physiology} ~~expositions~~ from those which are
to be found in books, & that are taught
in other Universities. I do not say my
theories upon these functions of these parts
they are true — but I will say I
believe them ^{to be true} and that ^{they} ^{completely} ^{have revolutionized}
my principles of practice in pathology
— Therapeutics & the practice of medicine.

— As several of the Gent. who composed
this class did not hear ^{the} ~~many~~ lectures upon
animal life, I shall deliver a summary
of them in a few words —

from low place 800 books - next
year 1866 ^{as they}

~~Pathology~~ will all come in ^{under} ~~with~~ ~~under~~

~~the~~ ~~our~~ ~~Pathology~~; I shall defer treating
of the effects of air upon the body
~~upon them till~~ come to that part of

~~Pathology~~
~~our course~~

~~go to p 793~~

3 Drefs. ~~for~~ all that is necessary under
this head may be summed up in a few
words. 1 Rather to exceed in warmth. 2 To
change it ~~is~~ not with the season - but with
the weather should it be every day, or
two or three times ^{same} in the day. new comers
are most affected ^{by the diseases} in our climate by not
attending to this practice, particularly in
not guarding against cold in the evenings
of our autumnal months. ~~even~~ for cold
in all countries is the greatest enemy of



the health & life of man. The same remark applies to bed clothes, as to dress. They should be accommodated to the changes in the weather.

3 Cloaths when wetted should never be suffered to dry upon the body. Few constitutions are strong eno to resist disease from this cause.

4 The feet should be protected with double care from the cold. Leather is a conductor of heat, for which reason, shoes ~~to~~ and boots should be covered with woolen in very cold weather, & cork soles should protect the feet from ~~but~~ the effects of wet weather.

5 Woollen cloathing has been found to be most healthy when worn next to the skin. Linnen & cotton may be worn above it. The cause of what

✓ In Great Britain there is a law com-
-pelling ^{the friends of} every person who dies ^{to} ~~to be buried~~
them in flannel. It would be much
wiser to compel the living to wear the
flannel, and to bury them dead in linen.

is ~~used~~ practised in our country. [✓] Laying
 of on the British Act of parliament for
 laying in flannel. ~~Now~~ Tropical
 diseases have greatly diminished in the
 West Indies, since the general use of flannel
 next to the skin in dress - for in no part
 of the world is it of more consequence to
 guard against cold than in hot countries.
 I merely say it is the existing cause of nearly
 all tropical diseases. —

The Cold Bath ~~has~~ was formerly in general
 use as a preservative of health. It is too violent
 for civilized Constitutions. The But Warm
Bath is much better. It washes off soils
 from the skin, & thus prevents cutaneous
 diseases & venereal. It moreover forti-
 fies the body against the effects of heat.



Labor or a substitute for it in exercise
are necessary to health. The following ^{things} ~~remarks~~
shd be attended to in the use of both. 1st
It should never be excessive, and should be dis-
-tinguished from ~~as soon as~~ before it induces fatigue.

2 It should never be ^{undertaken} ~~performed~~ before breakfast,
or before taking aliment of some kind in
the morning - nor soon after a full
meal - nor after night.

3 It should be performed in the open air,
~~the confined situation~~ "Vitam sub dio agat"
said the poet. Longest lived tradesmen
in Philad^a Carpenters who work in the
open air. Perspiration is increased by
labor & this in a close room becomes
a source of weakness or disease. -
Every part of the body should be exercised,

5 ~~feet~~ long shore men & sailors suffer least from labor when they perform it with their ^{in hot weather.} shirts off & it favours the escape of perspiration sweat and thus cools the body.

The kinds of exercise most commonly resorted to for the preservation of health are walking and riding either in a carriage or horseback. The latter should be preferred. ~~to~~ To enjoy the benefit of this exercise constantly it will be necessary to attend to the health of the noble animal to ~~which~~ whose strength & gentleness we are indebted for it. For this purpose I shall deliver a few directions for the management of a horse that is used for pleasure or business. - These directions will I hope be useful. They will serve to illustrate some of our physiological principles; - they will enable

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especially the ~~arms~~ ^{arms} which have a great influence on the breast. ✓

The ^{rational} faculties of the mind require exercise to keep them in health. They impart health & wisdom to the body. Hence it has been said studious men have been often too long lived than other people under equal circumstances. Study to be healthy should in the 1st place be alternated with labor & exercise. 2 It should be ~~and~~ ^{and} ~~strictly~~ ^{strictly}. 3 It should be occasionally varied. 4 It should be avoided ~~when~~ ^{when practicable} after a full meal, and after 10 o'clock at night. ^{Gibbons's anecdote.} The system becomes feeble after night, & is overstimulated by study.

V To this head belongs the government
of the passions. Health & Long Life Depend
greatly upon their being constantly under
the influence of reason & Religion.

~~the whole~~
= to preserve the ~~best~~ ^{best} ~~whom you see~~
who is to ~~conserve~~ ^{preserve} health & prolong the
life of the ~~best~~ ^{best} ~~whom that is without~~
whom you will be unable to exercise
your profession, and lastly ~~we shall~~ ^{they will be}
~~enable you to be useful to your~~
~~society~~ a public expression of our
gratitude to ~~an animal~~ ^{an animal} to
whom ~~the world owes such great~~ ^{we owe} ~~obligations~~ ^{such a debt}
Obligations. The directions I shall

I have said ~~are derived from~~ ^{are derived from} ~~the~~ ^{my own} ~~observations~~
and from the ~~experience~~ ^{experience} & ~~preservation~~ ^{preservation}

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but if necessity imposes study after night, let
it never be in a small & close room. The
Air from Candles & lamps is rendered unhealthy,
and seldom free of inducing disease. v

Sleep to be healthy should never exceed 7
& 8 hours. Many men have lived long, & en-
joyed good health on much less. Early rising
and longevity have generally been connected.
Lord Mansfield's remark. ~~It says~~ The in-
terval between morning & evening is too long
for old people to bear an erect, or even
sitting posture, ~~with~~ & still less study, or business
without a nap in the middle of the day.
It should be taken after a full meal only
in a Chair with the head erect. The collar
and tight ligatures should be removed before
sleep in the night & day time, for the muscles
run on Back - on sides & ~~etc.~~
v

whose employment gave them the
best opportunities of acquiring this
kind of knowledge. —

805. 2.

Sleep
✓ It should be on mattress in summer & feather bed in winter. Large beds best in both seasons - ^{coolest} ~~warmest~~ in summer & warmest in winter. Feather or eider down coverings to be kept to Blankets in winter. ~~Stiff~~ ^{more} warm ^{the} w/ less weight, and they are particularly useful to invalids, especially to Consumption patients.

swell in sleep, and thus give pain, or create
 obstructions. ~~The feet should be placed in a~~
 The feet should be placed horizontally in when
 sleep is taking in a sitting posture, or they
 will soon become anasarca. Often the
 cause of Dropsy in old people. ~~It is~~
~~unsafe to~~ unhealthy to sleep soon after a
 hearty Supper. Two or three hours at least
 should pass away before bedtime. See the
 effects of the contrary practice in Philad^a in
 med: Surg: vol. 4: 2 ^{Ph} V — I cannot dismiss
 the subject of Sleep, without taking notice of
 an opinion held by the late ~~for~~ Cordocet
 upon ~~the~~ it. He supposed it to be Disease,
 and in that philosophy would one say
~~learn~~ ~~the~~ ~~remedy~~ Cure it, and enable
 us to live without it. This is ~~for~~

Understanding elevated &
✓ the moral faculties to ~~its~~ ^{these} ~~these~~ ^{these}
prominent seat in the mind, and thus
prevents disease and vice. But for hope
I shew we ~~the~~ be the most miserable beings
in the world." says Gant.

from being true, that Sleep is a remedy
 for the predisposition to disease. It equal-
~~izes~~ removes debility & equalizes ex-
 - destroys dangerous associations of ideas - restores
 - calms, and thus prevents disease of
 the nervous system.

Protrane & Shakespeare were
 much better philosophers than Cordova
 upon this subject. — "The St. Thomas
 Cordial" of the former after enumerating
 its benefits to the body & mind ~~as follows~~
 pronounces a blessing upon the man that
 first invented it. The words of the British
 poet are still more to our purpose.

- "Sleep, that knits up, the ravell'd Sleeve of
 care.
- "The death of — Sore labour's bath.
- "Balm of hurt minds, great Nature's second
 course, chief nourisher, in life's - feast."

V 1 In Spite of all the Advantages we
derive from regularity in Diet - Drinks
Sleep - exercise - Study &c - the ^{advice} remark
of Celsus is strictly true - that is -
"to avoid loose habits of any kind". In
our intercourse with the world in the
ordinary ~~to~~ business of life, we are often
obliged to depart from the regularity &
order of our own fire sides. ~~but~~ Now when
we do - we run the risk of contracting a dis-
-ease. Hence it will be useful now and
then to break through a good habit - to
prevent our suffering from the ^{unavoidable} trans-
-grefs of it in ~~some~~ travelling or in com-
-pany. I have known men to suffer
very much from eating a Supper,

I shall ^{conclude this} ~~now say~~ ~~at this~~ ~~as~~ ~~by~~ ~~the~~ ~~few~~ ~~remarks~~, each of ^{wh} have been the
result of my own observations. V

2 Longevity is I have observed longevity to
be hereditary. in as long lived ancestors have
long lived children of ours (ceteris paribus)
than persons who do not attain to great
age.

3 I have observed that health & longevity
are very much connected wth temperance
in every thing or upon a due regard to
diet - dress &c in early life. ^{It is in} ~~The~~ ~~middle~~
middle life we usually expiate by sickness
& or death, the follies & ~~excess~~ of our youth.
The Spanish proverb is a truly wise.

from drinking tea, from drinking ~~on~~ ^{or} ~~less~~
sitting up an hour or two later than
usual, that would not ^{have} been in the
least inconvenient by any of them
had they ever & there ~~indeed~~ ^{conformed to} relapsed
into those acts in their own family. -
~~However much~~
Invalids often require strictness in their
habits - even in good health often become
offensive by them, and when they are
compelled by accident or necessity to depart
from them - often contract thereby
lasting diseases. —

& to forbid, occasional ^{moderate} ~~for relaxation~~ indulgence
at the festive board. The late Dr Claghorn belonged
to a Club in Dublin that met every fortnight
at which he always drank a glass ^{of wine} or two
extraordinary. The day afterwards he enjoyed

"If we wish to be young, when you are old, be old [~~that is - prudent,~~
~~- wise & frugal of your health~~] when you are young." Economy ^{in youth} in the expenditure of strength, has the same influence upon health in rendering old age comfortable, that Economy in the expenditure of money, has in early life in rendering old age wealthy, & independent. This remark is not intended ✓

4 ^B I have never known an instance of old age where persons have been much afflicted with stomach complaints: the remark is connected with the foregoing, for intemperance in eating whe-
-ther

annual health & spirits - drawn forth ^{from} by the
latent ~~for~~ resources of his Constitution. A
fit of Sickness often has the same effect in
bringing forth latent strength, & thus prolonging
life. I have seen old age protracted by it ^{for} many years,
for few men die of exhausted strength -

V ~~to the body what the Conscience is~~
~~to the mind. No man ever~~ ^{offended} ~~did violence~~
to it ~~for any~~ for any length of time
with impunity. It is the Conscience of
the body, ~~and~~ Its dictates should therefore
be listened to & obeyed with as much
~~attention~~ Obsequiousness, as we are
taught to obey the dictates of Conscience
in ~~preserving~~ preserving the moral
health & happiness of our minds.
Return to 0793 -

its relate to quantity, or improper food
or drinks - also ^{to} study ^{persons of the kind} - ~~be~~ all cut prisoners.
only upon the stomach. If you wish therefore
to enjoy health & long life, ~~do not~~ avoid
~~offending your stomach~~ ^{putting} this regulator
out of order.

of the animal machine, I travel with
your family - quarrel with your neighbours - nay with
the whole world, ~~but~~ ^{this} rather
than quarrel
with your stomachs. ~~They are~~
Return to Q 793.

1810. finished Philology Decem^r. 3.^d

